

## Stepping Out



## ALTERED INGREDIENTS

**Objective:** To discover how altering the kinds or amounts of ingredients in a recipe changes its' nutrient contribution.

1. Review the ingredient list in the USDA *Lasagna* recipe (D-25).
2. Compare the ingredients in the altered *Lasagna* recipe to the standardized recipe. (Note: Recipe changes Ground Beef to 5 pounds and Cheese to 10 pounds)
3. Record the nutrient information for the altered recipe on the chart below.

Nutrients	Calories	Mg Cholesterol	Mg Sodium	G T-fat	G Sat.- fat	G Protein
<b>Standardized recipe</b>	244	37	354	9.55	5.01	17.02
<b>Altered ingredients</b>						

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1. Name two USDA recipes that you commonly alter in your school kitchen.

1. \_\_\_\_\_
2. \_\_\_\_\_

2. List two reasons why you alter recipes.

1. \_\_\_\_\_
2. \_\_\_\_\_

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